

+ New in Switzerland?

Or in need of help or advice?

Take advantage of professional coaching/counselling services!

Being **new** in a foreign country is not only an exciting experience but also somewhat *disconcerting* and definitely a *challenge*. **Coaching/Counselling** can help you overcome uncertainties and settling in more **easily**.

✓ **Dealing with difference**

- How do I feel and why do I feel that way?
- What do I need to feel “at home”?
- How can I achieve that?

✓ **Getting accustomed to Switzerland**

- Cultural background
- How the country works (political, health insurances, income taxes, organisational,...)
- How, what, when, where?

✓ **Building your own support system**

- Knowing where to find networks, jobs, child care, health services, peers...
- Reaching out to others in the international world
- You are not alone!



Jenny Ebermann

Coach • Trainer • Speaker • Consultant



Jenny Ebermann

International Personal
Development Professional &
Coach

With over 13 years of successful multicultural, cross-functional and virtual team management and development, Jenny possesses hands-on experience in the Public Sector, International Organizations, NGOs and Multinational Corporations (B2B/ B2C).

Of German nationality and grown up in Brussels, She has been expat herself and has lived and worked in various European countries, North America, North and West Africa, Latin America and several countries in Asia.

Since 2007 in Switzerland, first in Zurich then in Lausanne and Morges, Jenny is fluent in Dutch, German, English, French, Spanish and has a good knowledge of Italian/Arabic.

Jenny is a certified coach of the Swiss Coaching Association (SCA) and holds various other credentials in intercultural communication and mediation.

Contact

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